

Thank you for supporting Adults Independent and Motivated (AIM) by purchasing this cookbook. AIM operates solely on volunteer support and donations. Without your help, we would not be able to make independence a possibility for the people with intellectual and/or developmental disabilities whom we serve.

This cookbook began as an effort to address one of the biggest challenges facing young adults moving away from home for the first time—what they will eat. We know our participants will want tasty and nutritious recipes with directions that are easy to follow. Although we developed this cookbook as a tool for them, we realize that many people will find it useful.

Having friends, family, and supporters who enthusiastically and generously shared their recipes and their ideas made the preparation of this book a joyful experience. We extend our deepest gratitude to:

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We have edited the recipes that we received in order to achieve consistency in their formats and to simplify them when possible for the benefit of our participants. However, the recipes are not the work of AIM; rather they are the work of each individual contributor. References to name brands come from our contributors and do not constitute an endorsement on the part of AIM. Although we have not had the opportunity to sample the various submissions, we look forward to doing so!

You can learn more about our mission at [www.AIMtx.org](http://www.AIMtx.org). We will have an ongoing need for monetary donations and volunteer assistance, and we appreciate any support you can lend us.

Thank you again for helping us make independence possible! Bon Appétit!